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APOCYNUM VENETUM HEALTH TEA  
[罗布麻保健茶]

GONG YUNGAO

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INVENTOR(S)	(72):	GONG YUNGAO
APPLICANT(S)	(71):	XINJIANG COMPREHENSIVE APOCYNUM DEVELOPMENT CO., LTD.
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Claims

1. An Apocynum venetum health tea, characterized in that it comprises the following ingredients (by weight):

Apocynum venetum leaves:	65 - 75 parts
Apocynum venetum flowers:	2 - 5 parts
Saussurea involucre:	0.5 - 1.5 parts
Hops:	3 - 5 parts
Tealeaves:	20 - 30 parts

Specification

Apocynum venetum Health Tea

The present invention relates to a health tea, in particular an Apocynum venetum health tea.

Research has shown that Apocynum venetum contains anthraquinone, flavonoid glycosides, rutin, quercetin, catechin, a variety of amino acids, cardenolide, and a variety of trace elements. Apocynum venetum has effects on clearing heat, inducing diuresis, calming liver, relieving

uneasiness of body and mind, relieving cough and asthma, lowering blood pressure, reducing blood lipids, anti-inflammation, and anti-anaphylaxis. It can be used to treat hypertension, coronary heart disease, cervical spondylosis, oedema caused by kidney inflammation, neurasthenia, climacteric syndrome, and other diseases. Furthermore, it also has effects on anti-cancer, anti-radiation, enhancing bodies' immunity, and delaying senility. In the area of Xinjiang, Apocynum venetum leaves have been made into teas for several hundred years. The tea made of Apocynum venetum leaves only, however, is bitter, has a fishy smell, and tastes poorly, which makes it hard to be widely accepted by people. Although tealeaves and flavoring agents have been added to improve its taste and remove the fishy smell, the relatively simple health effects come only from Apocynum venetum leaves, and only Apocynum venetum leaves are used.

The object of the present invention is to provide an Apocynum venetum health tea with good taste and many health effects, which can strengthen physical fitness after a long period of drinking, so as to protect people's health and enrich people's lives.

The object of the present invention is achieved in the following way: an Apocynum venetum health tea, comprising the following ingredients (by weight):

Apocynum venetum leaves:	65 - 75 parts
Apocynum venetum flowers:	2 - 5 parts
Saussurea involucre:	0.5 - 1.5 parts
Hops:	3 - 5 parts
Tealeaves:	20 - 30 parts

According to "An Outline Treatise of Medical Herbs",  
 Saussurea involucre roots, stems, leaves, and flowers can  
 all be used as medicinal ingredients, which have energizing  
 and anti-rheumatism effects. Apocynum venetum flowers have  
 a pleasant and refreshing smell, which belongs to the  
 faint-scent type and can improve flavors. As verified by  
 the state food and health agencies, hops can add heat,  
 remove abnormal tastes, and improve flavors. The  
 composition according to the present invention includes not  
 only Apocynum venetum leaves, but also Apocynum venetum  
 flowers, assisted by hops and a small amount of Saussurea  
 involucre, which makes the health effects of the present  
 invention further complete and enriched. At the same time,  
 the presence of tealeaves, hops and Apocynum venetum  
 flowers significantly improves the taste of the present  
 invention, which makes it easier to be accepted by people.  
 A long-term drinking can achieve the health results of

preventing hypertension, neurasthenia, gastrectasia, constipation, insomnia, dreaminess, and climacteric syndrome.

The present invention will now be described in details as follows:

Embodiment 1: prepare an Apocynum venetum health tea, comprising Apocynum venetum leaves: 65 parts; Apocynum venetum flowers: 2 parts; Saussurea involucre: 0.5 parts; hops: 3 parts; and tealeaves: 20 parts.

Its preparation method is described as follows:

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- (1) Pick fresh leaves and flowers of Apocynum venetum, wash with water, and dry in the air without sunshine;
- (2) Deactivate enzymes in the Apocynum venetum leaves with temperature between 190 - 220 degree and time at 5 - 6 minutes, the water content of the Apocynum venetum leaves after deactivation of enzymes is controlled between 55% - 60%;
- (3) Place the enzyme-deactivated Apocynum venetum leaves in the rolling machine for rolling, the rolling time of young leaves is controlled between 25 - 30 minutes, while that of old leaves is controlled between 30 - 35 minutes.

- (4) The rolled *Apocynum venetum* leaves are pan-fired with temperature controlled between 120 - 150 degree and time at 25 - 30 minutes until 70% dry and a hand-stinging feeling; take the leaves out, spread out for about 10 minutes of heat dissipation to make the moisture at tips, edges and veins of the leaves evenly distributed;
- (5) Fry the pan-fired *Apocynum venetum* leaves dry with temperature controlled between 80 - 100 degree and time at 40 - 60 minutes until about 5% water content, and then take the leaves out and spread out for drying in the air;
- (6) Mix the *Apocynum venetum* leaves prepared from the above step homogeneously with *Apocynum venetum* flowers, *Saussurea involucre*, and hops that have been dried in the air without sunshine, as well as finished tealeaves, according to the proportion. The final product is the *Apocynum venetum* health tea.

Embodiment 2: prepare an *Apocynum venetum* health tea, comprising *Apocynum venetum* leaves: 70 parts; *Apocynum venetum* flowers: 3.5 parts; *Saussurea involucre*: 1 part; hops: 4 parts; tealeaves: 25 parts; and medlar: 4 parts.

Its preparation method is described as follows:

- (1) Pick fresh leaves and flowers of *Apocynum venetum*, wash with water, and dry in the air without sunshine;
- (2) Deactivate enzymes in the *Apocynum venetum* leaves with temperature between 190 - 220 degree and time at 5 - 6 minutes, the water content of the *Apocynum venetum* leaves after deactivation of enzymes is controlled between 55% - 60%;
- (3) Place the enzyme-deactivated *Apocynum venetum* leaves in the rolling machine for rolling, the rolling time of young leaves is controlled between 25 - 30 minutes, while that of old leaves is controlled between 30 - 35 minutes.
- (4) The rolled *Apocynum venetum* leaves are pan-fired with temperature controlled between 120 - 150 degree and time at 25 - 30 minutes until 70% dry and a hand-stinging feeling; take the leaves out, spread out for about 10 minutes of heat dissipation to make the moisture at tips, edges and veins of the leaves evenly distributed;
- (5) Fry the pan-fired *Apocynum venetum* leaves dry with temperature controlled between 80 - 100 degree and time at 40 - 60 minutes until about 5%



water content, and then take the leaves out and spread out for drying in the air;

- (7) [Sic - (6) is omitted in the original.] Mix the Apocynum venetum leaves prepared from the above step homogeneously with Apocynum venetum flowers, Saussurea involucre, hops, and medlar that have been dried in the air without sunshine, as well as finished tealeaves, according to the proportion. The final product is the Apocynum venetum health tea.

Embodiment 3: prepare an Apocynum venetum health tea, comprising Apocynum venetum leaves: 75 parts; Apocynum venetum flowers: 5 parts; Saussurea involucre: 1.5 parts; hops: 5 parts; tealeaves: 30 parts; and licorice: 5 parts.

Its preparation method is the same as above.